

KindCare

Skills Assessment Checklist

(Cooking)



Monitoring activity

Date		Time	
Location			
Conducted by			
Client name			

Skill monitoring

Task	Cook a meal		
Skills required	Completed independently	Completed with some assistance	Requires full assistance
Read recipe			
Select ingredients			
Use a knife to chop/slice ingredients			
Use a spoon/whisk/etc. to mix ingredients			
Heat stove/pre-heat oven			
Place food in a fry pan or baking dish			
Place food on stove/in oven			
Read clock to check food			
Remove food from stove/oven			
Serve food			

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Notes:	
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